



Fort Sam Houston

News Leader[®]



Vol. 37, No. 8

Fort Sam Houston — Home of Army Medicine

February 26, 2004

Briefs

FSHISD Board of Trustees Meeting, today

Fort Sam Houston ISD Board of Trustees will meet today, 11 a.m. in the FSHISD Professional Development Center, 1908 Winans Road.

'It's Not Easy Being Green' Conference, Feb. 27-28

The conference will be held at Dodd Field Chapel on Feb. 27-28. For information, call Judith Markelz at 655-0238 or Kim Taylor at 566-6526.

Foulois Flight ceremony, March 2

A ceremony commemorating the 94th anniversary of the first military flight by 1st Lt. Benjamin Foulois will be held March 2, 11 a.m. near the main flagpole on Stanley Road. Retired U.S. Army Brig. Gen. Charles Canedy will be the keynote speaker.

B Company, Academy Battalion Change of Responsibility, March 5

A change of responsibility ceremony will be held March 5, 4:30 p.m. in Blesse Auditorium, Willis Hall, Bldg. 2841. Outgoing 1st Sgt. Mario Curet will relinquish responsibility to 1st Sgt. Kuwanda Dixon.

National Prayer Breakfast, March 9

The National Prayer Breakfast will be held March 9, 6:45-8 a.m., NCO Club. Former Chief of Chaplains retired Maj. Gen. Matthew A. Zimmerman will be the keynote speaker. See unit's sergeant major for tickets (\$2 donation).



Photo by Sgt. David Barela

Col. Richard Agee, Army Medical Department Center and School chief of staff, assists Mattie Wagner, mother of Lt. Col. Karen Wagner, unveil the plaque designating the 32nd Medical Brigade Headquarters, Bldg. 902, as Wagner Hall.

32nd Medical Brigade Headquarters building dedicated to Lt. Col. Karen J. Wagner

By Maj. Shon-Neil Severns
Special to the News Leader

The Army Medical Department Center and School dedicated the 32nd Medical Brigade Headquarters, building 902, in honor of Lt. Col. Karen J. Wagner on Feb. 20. Wagner, a Medical Service Corps officer and a San Antonio native, was assigned as a Personnel Policy Officer in the Office of The Deputy Chief of Staff for Personnel. While serving in this position, Wagner was killed as a

result of a terrorist attack on the Pentagon on September 11, 2001.

Wagner was commissioned as a second lieutenant in February 1984. Her first assignment was with the 85th Evacuation Hospital, Fort Lee, Va. Her career progressed through assignments as an executive officer of B Company, 232nd Medical Battalion, Company commander of D Company, 187th Medical Battalion at Fort Sam Houston, Texas, from 1987-1990. From 1990-1992, she was the chief of personnel at the 67th Evacuation

Hospital, Wuerzburg, Germany. She served in staff positions in Washington D.C., as a personnel officer at the Office of The Surgeon General from 1994-1995 and from 1997-1999. She also served in the Inspector General's office at U.S. Army Medical Command, Fort Sam Houston, Texas, from 1995-1997 and as the Walter Reed Army Hospital Medical Brigade executive officer and the Secretary of the General Staff for the Commander of the North Atlantic

See **Wagner** on Page 4

32nd Medical Brigade leads RAMP protection inspection at Binz-Engleman Gate

By Maj. Chad Nelson
32nd Medical Brigade

32nd Medical Brigade coordinated and led a random force protection vehicle inspection at Binz-Engleman Gate from 6:30-8 a.m. on Feb. 19 as part of the Random Anti-terrorism Measures Program.

Vehicles were randomly selected and

inspected inside the gate. In addition, any vehicle without a Fort Sam Houston DoD decal or with an expired or illegible sticker was diverted to a checkpoint.

During this random anti-terrorism measure exercise a team of 23 Soldiers representing various tenant organizations across the installation and seven Military Police participated in inspecting approxi-

mately 140 vehicles.

Motorists were checked for a valid ID card, driver's license, vehicle registration, and proof of insurance. Of the 140 vehicles checked, more than 50 did not have all of the proper documentation or had post decals that were no longer legible. The Military Police wrote warnings or issued citations to several motorists for

things such as no insurance, no front license plate, and expired licenses.

As part of the installation's Random RAMP, units on FSH will continue to develop and execute various force protection exercises and events focused on providing a safe living and working environment and strengthening the synergy of security operations across post.

Veterans dedicate new flags and flagpoles at FSH National Cemetery

Story and photos by Phil Reidinger
Fort Sam Houston Public Affairs

U.S. Representative Charles Gonzalez joined area veterans at the Fort Sam Houston National Cemetery on Sunday to dedicate new flags and flagpoles. The event also celebrated the success of a fund raising campaign collecting more than \$40,000 to purchase the 300 new flags and flagpoles.

The flag donations allowed the cemetery to construct an avenue of flags in the new cemetery addition across Nursery Road as well as replace worn flags inside the main cemetery areas.

Ed Miller, chairman of the cemetery ceremony committee, served as master of ceremony for a program that included

performances of patriotic music by Felix Velasquez and Celina Affram supported by the San Antonio Parks and Recreation Department. Pat Wood, a long time member of the Veterans of Greater San Antonio, presented a brief history of the organization's involvement with national cemetery projects since its organization in the early 1970's. She noted that the group's first project was the original circle of flags, followed by the fund raising effort to construct the bell tower near the cemetery gazebo stand.

Jack Prindible, president of the Veterans of Greater San Antonio said, "Frank Perales with the GI Forum and Bill Roberts, Former POW/MIA Association, thought it needed to be



New brightly colored flags reflect the community's support of a \$40,000 fund raising effort by the Veterans of Greater San Antonio to replace worn flags and install 300 new flags and flagpoles at the Fort Sam Houston National Cemetery.

See **Flags** on Page 4

Army deploys lighter, faster Army Knowledge Online

By Joe Burlas
Army News Service

Army Knowledge Online now offers a stripped-down version that loads up to 10 times faster than the regular service.

AKO Lite was developed in response to concerns of deployed Soldiers in support of Operations Iraqi Freedom and Enduring Freedom that AKO took too long to access and use, said Lt. Col. Kenneth Blakely, chief of AKO.

“The normal AKO is very heavy with lots of bytes to download,” Blakely said. “Soldiers said they want something faster, so we made AKO Lite. AKO Lite contains access links to the most popular AKO features, like the Web-based e-mail and instant messaging systems, and is very close to the full AKO experience.”

A large part of the downsizing to make AKO Lite was getting rid of byte-hungry graphics. The AKO Lite homepage is about a third of the size of the regular version -- missing the pictures and links to Army senior leaders, the Army and AKO logos, and the What’s New at AKO, Quick Links, My Links and My KCC sections. Users can still access their knowledge collaboration centers via a link at the top of the page.

AKO Lite is part of an ongoing effort to make AKO useful and relevant, Blakely said.

Other initiatives that will be implemented in the near future include:

- A server software upgrade that will deliver both AKO and AKO Lite twice as fast as it does currently.
- Making the viewable area of the

- announcements section smaller by introducing a scrolling text box.
- Updating all AKO pages with consistent colors and logos.
- Creating a new portal that allows AKO users to create their own homepages that can be viewed by other AKO users.
- Not all AKO changes have been applauded by the field. Speaking about the early January Army announcement that limited where AKO Web-based e-mail could automatically be forwarded to, Blakely said it was to make AKO compliant with Army Regulation 25-2, Information Assurance, which was published in November.
- “AR 25-2 specifically prohibits automatic e-mail forwarding to unofficial e-mail addresses,” Blakely said. “You can still forward any AKO e-mail manually to

- an unofficial e-mail address if you want to after reading it; you just cannot have the system automatically do it for you.”
- As of mid-January, AKO had more than 1.6 million registered users.
- “I think one of the best things about AKO is that you have a single, portal e-mail address for life,” Blakely said. That e-mail address and access to AKO goes with all active, Reserve and National Guard Soldiers wherever they go and it remains valid even into retirement, he said.
- AKO Lite can be accessed through the regular AKO sign-in page, www.us.army.mil, from a link on the left side of the page. It works with the same user name and password as the regular AKO service.

Fort Sam Houston News Leader

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DUSTOFF Association members recall their military service flying a Vietnam era medical evacuation helicopter. The aircraft visited the Army Medical Department museum during the memorial service held in conjunction with the association annual convention on Saturday.

A display honors medical evacuation crews killed in Iraq while assigned to the 571st Medical Company, Air Ambulance. Members of two crews were killed in separate incidents, one involving five patients on board the aircraft. Several family members of the crews attended the memorial service at the Army Medical Department Museum. Pavers placed along the DUSTOFF Wall of Fame were dedicated to each of the crewmembers.



DUSTOFF veterans gather at museum to remember comrades

Story and photos by Phil Reidinger
Fort Sam Houston Public Affairs

DUSTOFF Association members met at the Army Medical Department museum on Saturday to recognize the contributions of comrades and remember medical evacuation crewmembers killed in Iraq.

New bronze plaques added to the DUSTOFF Wall of Fame commemorated the contributions to medical evacuation of Charles Allen, Eldon Ideus, Doug Moore and Ray Salmon. Memorial pavers along the Wall of Fame were dedicated to crewmembers recently killed in Iraq.

The names of seven Army medical helicopter crewmembers joined 250 memorial pavers honoring Army helicopter medical evacuation "DUSTOFF" crewmembers who have lost their lives during efforts to save others.

Lt. Col. Bryant Harp, 36th Evacuation Battalion commander, described the heroic actions of two medical evacuation crews assigned to the 571st Medical Company. Chief Warrant Officers Hans N. Gukeisen and Brian K. Van Dusen and Sgt. Richard P. Carl, were killed when their medical evacuation UH60 helicopter crashed May



Lt. Col. Bryant Harp, 36th Medical Evacuation Battalion commander, describes the circumstances and heroic actions of crewmembers killed while performing medical evacuation missions in Iraq.

9, 2003 during a mission to save an Iraqi girl near Baghdad. Also memorialized were Chief Warrant Officers Ian D. Manuel and Philip A. Johnson, Jr., and Spcs. Michael A. Diraimondo and Christopher A. Golby, whose aircraft was shot down by a surface-to-air missile on

January 8 of this year. Five patients on board the aircraft were also killed. Several family members of the Soldiers who were assigned to the 571st Medical Company attended the ceremony.

The dedication is part of the annual reunion of DUSTOFF crews, held yearly

in San Antonio.

The DUSTOFF Association derives its name from the radio call sign given to the first aeromedical helicopter evacuation unit in Vietnam, the 57th Medical Detachment (Hel Amb), which arrived in country in 1962.

The 57th initially communicated internally on any vacant frequency it could find. In Saigon, the Navy Support Activity, which controlled all call words used in call signs in South Vietnam, allowed the 57th to adopt the call sign "DUSTOFF."

This call sign epitomized the 57th's medical evacuation missions. Since the countryside was then dry and dusty, helicopter pickups in the fields often blew dust, dirt, blankets, and shelter halves all over the men on the ground. Throughout Vietnam all evacuation helicopters assumed the call sign "DUSTOFF" followed by a numerical designation. The DUSTOFF Association is an organization for all officers and enlisted Army Medical Department personnel, aviation crewmembers, and others who are, or ever were engaged in or actively supported in any capacity, Army aero medical evacuation programs in war or peace.



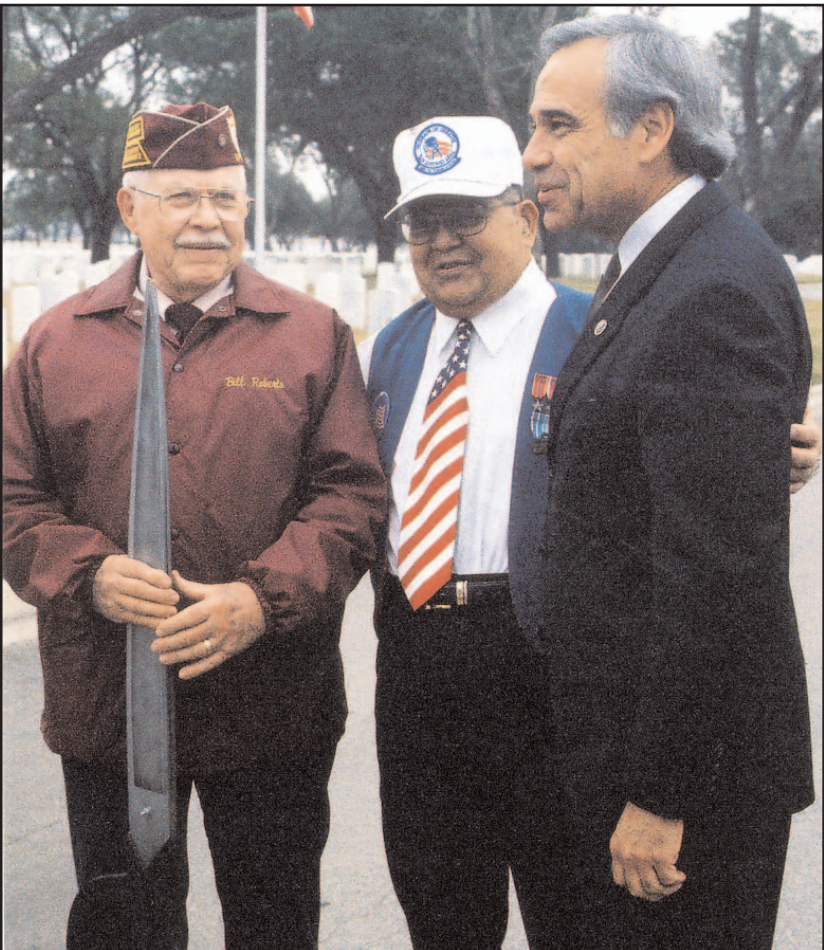
The Fort Sam Houston Honors Platoon fires a rifle volley in honor of seven medical evacuation crew members assigned to the 571st Medical Company.



Staff Sgt. Robert Tilghman, U.S. Army Medical Command Band, sounds Taps concluding the memorial service for crewmembers of medical evacuation flights killed in combat.



Members of the Special Forces Association, Lenny Czarnecki and Armando Canales, present the national and state colors during the singing of the national anthem by Celina Affram.



U.S. Representative Charles Gonzalez congratulates Bill Roberts, president of the Former POW/MIA Association and Frank Perales, president of the GI Forum, for their efforts leading the fund raising campaign to install new flagpoles and flags at the Fort Sam Houston National Cemetery.



U.S. Representative Charles Gonzalez, William Trowe, National Cemetery director, Frank Perales, Bill Roberts, Ed Miller and Pat Wood cut the ribbon signifying the opening of the renovated circle of flags and the avenue of flags through the cemetery.

Flags

Continued from Page 1

done. We started contacting business people, citizens, and veterans' organizations in the community. Both Congressman Gonzalez and Congressman Rodriguez contributed as well."

Congressman Charles Gonzalez noted that community support and participation in the fund raising effort showed veterans the public support they deserve. Gonzalez quoted General George Washington who remarked that soldiers view the citizen's gratitude of veterans' contributions as an indicator of the nation's support of their own service.

The fund raising effort began in the spring last year with a press conference at the national cemetery. "This was a job well done. We should all be proud as a community that so many contributed to support the veterans," Prindible said.



Photo by Sgt. David Barela

Col. Maureen Coleman, 32nd Medical Brigade commander, presents Mattie Wagner with a watercolor of Wagner Hall painted by Lt. Col. Randall Anderson, Academy Battalion commander. Family members also were presented a scroll depicting building 902 with a piece of limestone attached from the original Pentagon.



Photo by Esther Garcia

Warren and Karl Wagner, brothers of Lt. Col. Karen Wagner, meet Col. Richard Agee and members of the command following the dedication ceremony.

Wagner

Continued from Page 1

Regional Medical Command from 1999-2001.

Col. Richard Agee, chief of staff, U.S. Army Medical Department Center and School and Fort Sam Houston, and Col. Maureen Coleman, 32nd Medical Brigade commander, hosted the dedication ceremony. Approximately 500 attendees that included family members, dignitaries, officers, and numerous friends attended the ceremony.

Chaplain (Maj.) Jeffrey Giannola began the dedication ceremony by presenting the

invocation on behalf of the command. Agee and Coleman gave dedication speeches reflecting on Wagner's legacy and contributions to the U.S. Army Medical Department.

Coleman stated that "On September 11, 2001, the Wagner family and the United States Army lost Lt. Col. Karen Wagner. She was a beloved daughter, sister, athlete, officer and leader." Coleman also remarked how proud Wagner was serving in the military and concluded with, "I believe this proactive woman, this shining example of how a life should be lived,

even in death supplies the motivation for a nation to wake up to something larger than self."

Agee listed Wagner's numerous contributions to the Army Medical Department and concluded by stating, "Today the name and memory of Lieutenant Colonel Karen J. Wagner will join those of great Americans, Soldiers, and leaders whose service to our nation is permanently etched in our history at Fort Sam Houston as an Army installation."

After the remarks were complete, Agee and Coleman assisted Mattie Wagner with

the unveiling of the plaque that symbolized the renaming of building 902. Throughout the ceremony, the 323rd Army Band played ceremonial music and other selected music for the command. Immediately following the ceremony, Coleman showed the Wagner family the memorial inside the recently renovated headquarters building and hosted a reception for the family and friends.

Wagner is survived by her mother, Mattie S. Wagner of Converse, Texas; sister, Kim J. Wagner; and brothers, Warren E. and Karl V. Wagner.

Remain alert, follow antiterorrism protective measures

The following are recommended antiterrorism measures for Soldiers to follow in the barracks to support of Homeland Security:

- Know fire and bomb evacuation procedures.
- Do not use emergency exits for none emergency situations.
- CQ and fireguards must remain alert and carefully conduct all required inspections.
- Report any illegal parked vehicles near building, note color, type body style, plates etc.
- Be alert for surveillance attempts, suspicious persons or activities.

Note sex, race, height, weight, build, age etc.

- Be alert to any civilian personnel not in unit working or conducting suspicious activities in your area.
- Act like you are surveillance conscious and you become a “hard target,” they may go elsewhere for a “soft target.”
- Conceal your suspicions never force a confrontation with a suspect.
- Observe and report to supervisor immediately, write all-important details down.

Military Naturalization ceremony at FSH, March 1

The San Antonio District office of U.S. Citizenship and Immigration Services will naturalize 20 military service members as new U.S. citizens during a ceremony on March 1, 10 a.m. at the Fort Sam Houston Officers’ Club. The ceremony also recognizes the one-year anniversary of the creation of CIS under the Department of Homeland Security.

U.S. Magistrate Judge John W. Primomo will preside during the final hearing and administer the citizenship oath, which is the last step in the citizenship process.

“We are delighted to welcome these new citizens, especially since they have already demonstrated their commitment and loyalty to this country by serving in its armed forces,” said USCIS District Director Kenneth Pasquarell. He also noted that having the ceremony on historic Fort Sam Houston was an appropriate location to naturalize military members.

U.S. Army Spc. Oyuki Wong, D Company, 287th Medical Battalion, Fort Sam Houston, will be naturalized and later speak during the ceremony. The U.S. Army 323rd Band will perform the national anthem and other patriotic music during the ceremony.

New Civilian Personnel System moves forward



David S.C. Chu,
Undersecretary of Defense
for Personnel and Readiness

By Donna Miles
American Forces Press Service

The Pentagon’s personnel chief said he hopes to bring the first 300,000 civilian Defense Department employees under the new National Security Personnel System within the next six months.

The system, authorized by the fiscal 2004 National Defense Authorization Act, will introduce sweeping changes to the way the department hires, pays, promotes, disciplines and fires its civilian employees.

David S. Chu, undersecretary of defense for personnel and readiness, told American Forces Radio and Television Service Feb. 19 that progress in intro-

ducing the new system is continuing on all fronts. For example, meetings between management and nine unions representing the department’s 400,000 employees covered by bargaining units are slated Feb. 26-27.

Chu said the new system will give the department “more flexibility” to manage its civilian work force while making civil service a more attractive career option.

He noted that surveys of young Americans show high interest in military service, but not civil service. “I would like to see us ... get to the point where they are as excited about the civil opportunities we have to offer as people are about the uniformed opportunities we have to offer,” he said.

Among the new system’s incentives is the fact that it rewards top performers. "Pay, which now is often driven largely by tenure and longevity, will be much more tied to what you contribute to the mission and the organization,” Chu said.

In addition, the new system will open up opportunities often not available to civilian employees. When a new task comes down the pike, Chu said, the standard response is to establish a military task force or call on a contractor. “They don’t say, ‘Let’s stand up a civil service unit,’” he said. “And there’s something wrong with that.”

The new system also will eliminate many current rules that Chu said hamper effective personnel management. He said that under the current system, it takes too long to hire people -- an average of three months. He added the current system also makes it hard to pay people properly or move them around. “It’s hard to reshape this force,” he said.

Chu said DoD is “at the very beginnings” of implementing the NSPS, but is basing the transition on 25 years of proven experience.

More than 30,000 DoD civilians are participating in demonstration projects to test some of the new policies to be implemented departmentwide, he said. The oldest demonstration project, at the Naval Air Weapons Station China Lake in California, began in the 1970s.

After the initial transition, he said most employees involved in the demonstration projects “are much more satisfied with their opportunities in the federal civil service than they were before.”

In implementing the new system throughout DoD, Chu said planners “spent a lot of time looking at the lessons learned from those demonstration projects” and are incorporating the “best practices” into the system.

“So I think that as people look at a career or look at a substantial period of time in federal civil service, they are going to find this a more exciting choice,” he said.

AFTB offers Level II Classes

The Army Family Team Building Level II classes will be held March 10-12, 8:45 a.m. to 3 p.m. in the Roadrunner Community Center, Bldg. 2729.



Agenda

March 10

- Military Grade and Command Structure, 2.04.4
- Traditions, Customs, Courtesies and Protocol, 2.04.6
- Benefits, Entitlements, and Compensation, 2.04.5
- Working Lunch: Networking with Community Agencies, 2.04.1
- Building a Resource Library, 2.04.2
- Management Skills: Conflict Management, 2.02.3
- Enhancing Relationship Building, 2.01.1

March 11

- Management Skills: Communication Skills, 2.02.2
- Management Skills: Group Dynamics, 2.02.6
- Management Skills: Crisis and Coping, 2.02.5
- Working Lunch: Adapting to Change, 2.03.1
- Family Support Groups, 2.04. 3
- Stress Management, 2.03.2

March 12

- Intermediate Problem Solving, 2.03.3
- Volunteer Management/Marketing/Experience, 2.02.1
- Management Skills: Understanding Needs, 2.02.4
- Working Lunch: Time Management, 2.03.4
- Meeting Management, 2.03. 5
- Introduction to Effective Leadership, 2.01.2
- Certificates

Bring your own lunch, full kitchen available - drinks will be provided.
For information and to register, call the AFTB Office at 221-2705.
Registration deadline is March 5.

AFTB sponsors Open House for students’ spouses

The Army Family Team Building will sponsor an Open House for students’ spouses on March 1, 10-11 a.m. at the Roadrunner Community Center, 2010 Stanley Rd. located between the tennis courts and the San Antonio Credit Union building on Fort Sam Houston.

This event offers a great opportunity for spouses of students in any of the Army programs at Fort Sam Houston to find out what’s here, who’s here, and why you’re here.

Meet other student spouses and Army spouses who will share a little of their own Army experiences with you. If you do not have childcare, bring the kids along and discover what it’s like to be an Army spouse. There will be welcome folders full of information, giveaways and light snacks.

Dress very casual and no R.S.V.P. required. For information, call the AFTB office at 221-2705.

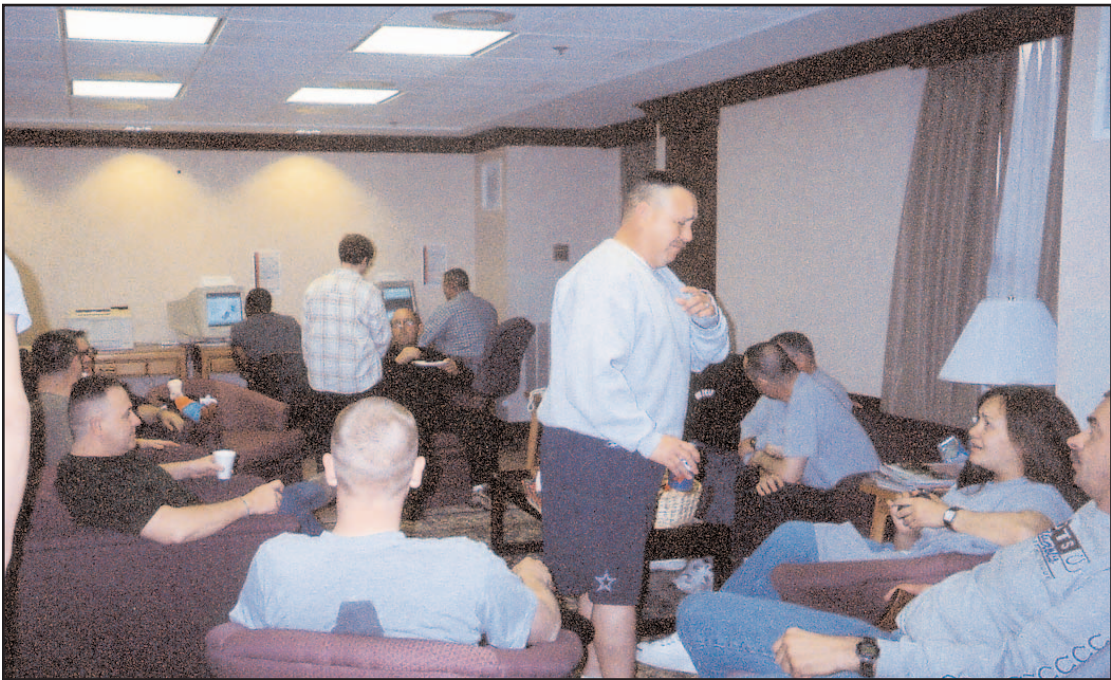


Photo by Lynn Atkins

Volunteers are always available to help Soldiers contact families and provide information and donated tickets to them and family guests for events and activities on post and in the San Antonio area. Computers are available for Soldiers to send e-mail messages. Books, games, magazines, and televisions are located in two recreation areas.

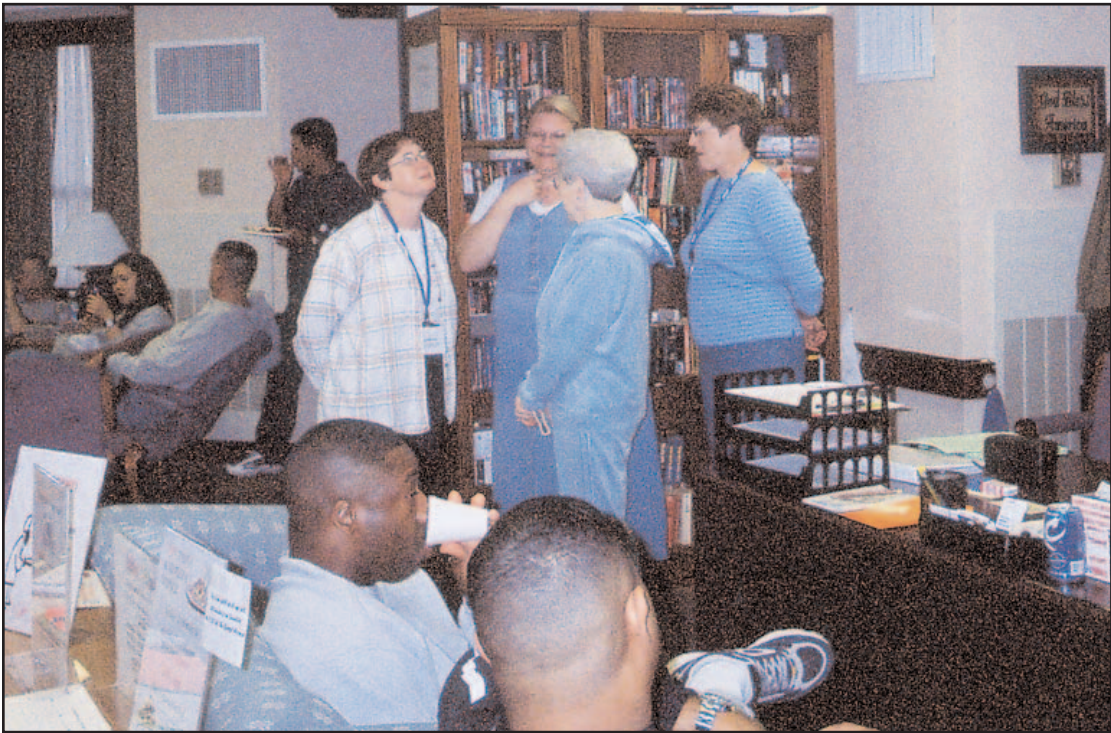


Photo by Lynn Atkins

The Soldier and Family Assistance Center operated by Army Community Service volunteers is a popular place for Soldiers to meet families, relax together, and enjoy special occasions.



Photo by Lynn Atkins

Kim Smith, Lois Avala, Coleta Perugini, and Judith Markelz discuss opportunities to assist Soldiers and families and coordinate community support for the Soldier and Family Assistance Center programs.

Soldier and Family Assistance Center gets community support

By Phil Reidinger
Fort Sam Houston Public Affairs

Kim Smith, mother of Pvt. Robert Franz, who was killed in Iraq, and U.S. Marine Corps Staff Sgt. Eric Alva with his mother Lois, accepted contributions to the Fort Sam Houston Soldier and Family Assistance Center last week.

The center is located in the Powless Guest House for Soldiers undergoing medical treatment and rehabilitation and their families and is operated by Army Community Service volunteers.

In the short time of operation, the center has assisted with more than 3,354 requests for assistance by Soldiers and their families.

On Thursday, Feb. 19, Soldiers and their families were treated to hot wings from the Wing Stop, cookies from Hayby’s Bakery in Castroville, Texas and fajitas from Cha-Cho’s restaurant.

Volunteers operating the center need non-perishable food items such as coffee, bottled water, soft drinks, and snack items. Baked goods, such as cookies, and microwave popcorn are also favorites. Phone cards and movie rental cards are a big hit with the Soldiers. To donate items to the Soldier and Family Assistance Center, call Judith Markelz at 221-0946.

Author Cindy Weigand to speak at AMEDD Museum

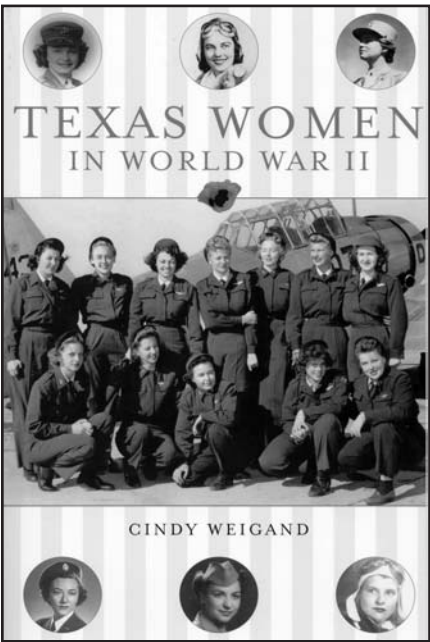
Cindy Weigand, author of “Texas Women in World War II,” will speak on March 5, 1 p.m. at Fort Sam Houston’s AMEDD Museum. She will also sign copies of her book after her presentation.

Weigand’s book launches the history of 27 extraordinary women with the story of the one woman who started it all, Oveta Culp Hobby. She was the wife of former Texas Governor Bill Hobby, and was one of the greatest leaders in the history of the military.

In a speech given in 1941 to the first class of the Officer Candidate School in Fort Des Moines, Iowa, a class of 360 women chosen from 30,000 applicants, Hobby said, “You have given up comfortable homes, highly paid positions, leisure. You have taken off silk and put on khaki. And all for essentially the same reason – you have a debt and a date. A debt to democracy, and a date with destiny.”

“Texas Women in World War II” tells the inspiring stories of the women determined to make their contribution to history – WAVES, Army and Navy nurses, Red Cross workers, SPARs (Coast Guard), WASPs, and, of course, WACs.

These remarkable Soldiers who left husbands, parents, and children, found themselves living in bamboo huts and enduring prisoner of war camps. Don’t miss this opportunity to hear Cindy Weigand tell the story of these Texas women, whose recollections relate strength in times of hardship and instill patriotism in the hearts of readers everywhere.



Vet clinic announces Walk-in Vaccination Clinic, Feb. 28

The Fort Sam Houston Veterinary Clinic will conduct a Walk-in Vaccination Clinic for cats and dogs on Saturday Feb. 28, 9 a.m. to 1 p.m. (No sick call please.) Active duty personnel, retirees, their dependents and reservists on active duty status (with copy of orders) are eligible to bring their pets for care. All regular prices will apply. Call the clinic in advance at 295-4260, so that records may be prepared prior to pet’s arrival.

Pet Lover’s Class, March 6

The Fort Sam Houston Veterinary Treatment Facility will hold the quarterly Pet lover’s Class on March 6, 10 a.m. in the Roadrunner Community Center. The topics of discussion will include heat injuries, grooming, products, diet and exercise and dental. Free pet food, toys and other cool gifts will be available. For information, call 295-4051.

Cash and carry sale of NAF property, March 10

Morale, Welfare and Recreation will conduct a sale of Non-appropriated Funds property on March 10, 8 a.m. to 3 p.m. in Bldg. 4205, Bay “B.” Cash and checks with picture identification will be accepted for payment. Patrons are advised that all sales are final and property is sold “as is, where is.”



Items available for sale include used refrigerators, used microwave ovens, used televisions, 1 used 46” big screen TV, used vacuum cleaners, used bed spreads, used carpet tile, used lamps, used desk chairs, used lounge easy chairs, over 300 used recliners, used tables, desks, wall art, assorted used billeting furniture, used CPU’s, used monitors, large chandelier from NCO club and more.

In addition, MWR will accept sealed bids on a 1992 Ford F-250 pick-up truck with winch. All property listed is subject to issue to NAF activities for continued use prior to date of sale. For information or directions, call the MWR Warehouse at 221-4449 or 221-4950.



Members of the “Grupo Capoeira Brazil” cheer one of the youngest members of the martial arts and dance group during a presentation at the Hacienda Recreation Center Feb. 19.

Soldiers enjoy Brazilian cultural awareness event

Story and photo by Alexandra Nordeck
Special to the News Leader

Rhythm and music filled the air of the Hacienda Recreation Center on the evening of Feb. 19 as the “Grupo Capoeira Brazil” performed an exhilarating display of the Brazilian martial arts and dance known as “Capoeira” to a crowd of about 175 Initial Entry Training Soldiers.

Performer Michael Pleasants described “Capoeira” to the audience before the show as “the Africans’ gift to us today.” He said, “it is a form of martial arts that is nearly 500 years old.” He went on to explain that slaves originally developed the art form, and then practiced in secret by discussing the moves as a dance. Different rhythms were used to alert Capoeiristas, or performers, of approaching danger and thus avoid being caught.

The audience enjoyed the presentation and

the impressive variety of kicks and cartwheels performed by the Capoeiristas. Pfc. Jahdiel Santana of E Company said the show was “awesome” and Pfc. Jeff Bennett, also of E Company said, “I discovered a part of my culture that I never knew about before tonight.”

The intent of this event was to entertain, educate and inform the Soldiers, according to Staff Sgt. Tasheema Irvin, Equal Opportunity advisor for A Company, 232nd, and one of the event organizers. “Events like this are important because they bring cultural awareness to new student Soldiers.” Irvin was also part of a pre-show skit in which the audience guessed the identity of famous black leaders from history by hearing facts from their lives.

The performance was held in conjunction with Black History Month events and was co-sponsored by the Fort Sam Houston Equal Opportunity Office and Bob Keefer and Associates.

Black History Month Trivia Questions of the Week

In recognition of Black History Month, during the month of February, a series of trivia question about well-known facts, events and personalities will be published. The answers and the winner’s name will be published in the following week’s issue. Answers must be sent via e-mail to Gayle.Ellis@CEN.AMEDD.ARMY.MIL or delivered in a sealed envelope, addressed to Gayle Ellis, Black Employment Program committee member in Bldg. 2841, Room 1335, by close of business Tuesday, following the publication of questions. The winner will be the first set of correct answers received. E-mail responses are highly encouraged.

The following are the question for this week:

1. Koinonia Farms or Koinonia Partners, an interracial community based on discipleship and races living in harmony, was a forerunner to what world-renowned organization of today? Use www.koinoniapartners.org/past.html to find the answer.
2. What black female poet has a school named after her here in San Antonio?
3. What unique household item did the slaves use as they moved along the Underground Railroad to freedom? It allowed them to identify “safe houses.” Use www.nationalgeographic.com to find the answer.
4. Who was the first black female nurse and the person responsible for allowing nurses to be received at the White House by President Warren G. Harding? Use www.bridgew.edu/HOBA/Gallery.htm to find the answer.
5. Who was the young man that left home at 12 to get a job as a cabin boy on a merchant ship and later became a renowned artic explorer, traveling with explorer Robert Peary. Use www.fcasd.edu/schools/dms/bhm.htm to find the answer.

The following are the answers to questions published on Feb. 19:

- Congratulations to the winner, again it was Terrance J. Eiteljorge, data analyst, Great Plains Medical Command who submitted the following responses:
1. First balck female astronaut.
 2. Crispus Attucks was killed at the Boston Massacre in the Revolutionary War. He was the first casualty of the war.
 3. Shirley Chisholm.
 4. She was the first African American individual to receive an international pilot’s license from the Federation Aeronautique Internationale in France.
 5. Medgar Evers.

Army Community Services Family Advocacy Program Class Schedule February 2004

Class	Dates	Time
Commanders' Training	26	8-9:30 a.m.
Getting Ready for Childbirth	28	9 a.m. to 5 p.m.
Healthy Pregnancy	26	9 a.m. to Noon
Parenting with Love & Logic (ages 0-12)	26	9-11:30 a.m.
Teen Talk	26	4-5 p.m.

Note: To sign up for classes or for more information, call ACS Family Advocacy Program at 221-0349/2418.

Dell computer leases due to expire

Most computers at the AMEDDC&S and U.S. Army Garrison have been acquired through the Information Technology Business Center Dell Computer Lease Program. This lease program is a full three-year commitment paid in three annual increments. Equipment that is not returned to Dell promptly at the end of the lease will incur late fees by the customer.

In order for customers to avoid any late fees, replacement equipment orders must be submitted to ITBC 120 to 90 days prior to the expiration of the current lease. Many leases are due to expire in June; therefore, new orders for this equipment must be submitted to ITBC by March 1.

The project manager for the lease program, Jennifer Summers, has already made initial contact with those customers that have equipment expiring in June and will continue to do so with other customers as their equipment nears expiration.

Customers with expiring equipment should take the initiative to reorder replacement-leased equipment 120 to 90 days prior to the lease expiration. For lease information, visit <http://fsh-intranet.amedd.army.mil/leased/> or call lease project manager, Jennifer Summers at 221-4567 or via e-mail at Jennifer.Summers.@samhouston.army.mil.

FSH chapter of Federally Employed Women seeks new members

Are you interested in learning more about career opportunities for women in government and obtaining information on legislative issues? Then, join a dynamic organization. Join the Fort Sam Houston chapter of Federally Employed Women.

Meet an FEW chapter member at the regularly scheduled monthly Extravaganza held at the Roadrunner Community Center. If you are unable to attend this community event, the next chapter meeting will be held March 10, 11:30 a.m. to 12:30 p.m. at the Officer's Club. We hope to see you at our next chapter meeting.

The FEW was established in 1968 and has more than 300 chartered chapters. It is a non-profit membership association. The FEW represents more than one million civilian and military women. Men are also eligible to join FEW.

To learn more about FEW and what it has to offer call FEW Chapter President, Arcy Longoria at 221-9182.

Breakfast celebrates National Women's History Month

Fort Sam Houston invites you to a continental-style breakfast to celebrate Women's History Month on March 11, 7:30-8:30 a.m. at the NCO Club. The guest speaker will be Nancy Gonzalez from KSAT 12 News. Cost is \$6 and tickets may be obtained by calling Sgt. 1st Class Walls at 295-0561 or Sgt. 1st Class Boehringer at 221-9276.





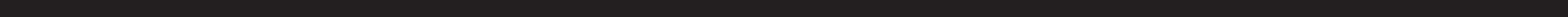
Photo by Esther Garcia

Viva Fiesta!

Janice Ricks breaks an egg filled confetti on the head of Spc. James LeFebvre, Fort Sam Houston military ambassador, at the Fiesta Poster Unveiling ceremony held at the Gunter Hotel Feb. 18. LeFebvre will represent the Army and Fort Sam Houston during Fiesta San Antonio, April 16-25. Also in attendance are Brooks Air Force Base representatives, Tech. Sgt. Kevin Fulcher and Capt. Melissa Mouchette.

MWR Ticket office at NCO Club

The MWR Ticket Office is now located in the NCO Club. Hours of operation are Tuesday through Friday, 10 a.m. to 5 p.m. and Saturdays, 10 a.m. to 2 p.m. Tickets can be purchased at the Cashier’s Cage in the main entrance of the club. We currently have the following tickets available at great discount prices: Ripley’s Wax Museum, Space Center (Houston), Splashtown, Natural Bridge Caverns, Fiesta Texas, Disney on Ice, IMAX, Rampage vs. Houston (Feb. 27 Game), San Antonio City Tours. For information, call 226-1663. Additional tickets will be posted as they are received.



BAMC dietetic interns sponsor nutrition education campaign

By Katrina Calhoun
BAMC Dietetic Intern

National Nutrition Month is a nutrition education and information campaign sponsored annually by the American Dietetic Association.

The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Planned presentations at local schools and educational booths will be set up at the Fort Sam Houston Commissary, gym, BAMC and the Louis Rocco Dining Facility.

During the first week in March, 2nd Lt. Maureen Giorio will lead the effort in educating Cole Sr. High School students about the importance of the Food Guide Pyramid, portion sizes, healthy snacking, dietary supplements, and sports nutrition.

After school hours, classes are scheduled for Cole’s track team. Detailed information about sports nutrition and activity will be provided to students.

Dietetic interns will also be at Fort Sam Houston Elementary School providing instruction.

The team will use the American Dietetic Association’s curriculum centered on the Food Guide Pyramid, serving size and food groups.

A user friendly “Eat Smart - Stay Healthy Quiz,” appropriate for grades 1-8, will be used to motivate youngsters about the importance of good nutrition. Prizes and stickers will be provided for all participants in hopes of increasing nutrition knowledge with fun activities.

The commissary will have a nutrition display located in the produce section for the entire month of March organized by 2nd Lt. Susan Campbell.

The FSH Commissary focus will be food safety in the home and increasing fiber in the diet. Plenty of free information, suggestions and recipes for good health will be provided.

Dietetic interns will answer diet questions every Thursday in March from 11 a.m. to noon in the FSH Commissary. A dietetic intern will be eager to answer your questions and prizes will be awarded from the weekly questionnaire drawings.

2nd Lt. Jonathan Poyourow will



Dietetic interns, 2nd Lts. Rachel Villarreal, Maureen Giorio, Jonathan Poyourow, Katrina Calhoun, and Susan Campbell, prepare to kick off National Nutrition Month in March. The interns will sponsor displays and provide healthy facts on good nutrition during the month long campaign. For information on the BAMC Dietetic Intern program, visit >[http://www.bamc.amedd.army.mil/mededu/GME/allied_](http://www.bamc.amedd.army.mil/mededu/GME/allied_health_programs/dietetic_internship.htm)

alth_programs/dietetic_internship.htm> coordinate weekly nutrition information and fitness goals at the Jimmy Brought Fitness Center and topics will include fat and body mass index testing, nutrition and muscle growth, sports drinks, proper hydration pre, and post exercise and eating and exercise tips while away from home.

The group will feature weekly National Nutrition Month contests and prizes to test participant’s knowledge.

2nd Lt. Rachel Villarreall will coordinate displays and activities at the BAMC and Louis Rocco dinning facilities.

The BAMC dining facility will be exploring vegetarian cuisine and its health benefits, courtesy of the facilities staff, on Vegetarian Fridays from March 5 through the 26.

Also, through March 12, Fad diet presentations will provide quick and easy to understand facts on these latest crazes in dieting and their nutritional affects.

From March 15-26, displays and information will feature facts on hidden sugars within diets. This will allow individuals to visualize how much sugar is within certain foods. Look for these displays in the BAMC Marketplace area.

Be sure to look for feature articles from the various dietetic interns in the Fort Sam Houston News Leader for each week in March.

These fact filled research articles on fad diets, fiber, supplements, and trans-fats will help families eat smart and stay healthy.

Health-conscious consumers are sipping bottled water

The human body is made mostly of water and depends on water to keep organs and systems functioning properly, water body temperature; helps remove waster, cushions the joints, and transports nutrients and oxygen to billions of cells. Increasing water intake can sometimes help alleviate a condition called dry mouth (xerostomia). And water that contains an adequate amount of fluoride helps prevent tooth decay and build strong teeth.

Health experts generally recommend consuming eight to 10 cups of water a day. The amount may vary based on body size, physical activity and exposure to hot weather.

More health-conscious consumers are sipping bottled water. Some even forego fluoridated tap water in their home for costly bottled water. A recent study shows that Americans consumed more than five billion gallons of bottle water in 2000, more than double from a decade

earlier. Some predict that bottled water may soon become the nation’s second most popular beverage after soft drinks. If bottled water is your main source of drinking water, you could be missing the decay - preventive benefits of fluoride, a naturally occurring mineral that helps prevent tooth decay.

Water fluoridation is a community health measure that is widely recognized for its role in preventing tooth decay. In areas where natural fluoride occurs in water below the optimal level, many communities add a minute amount of fluoride to the water supply to make certain that resident receive the benefits of fluoride.

While the fluoride content of bottled water varies greatly, the vast majority of bottled water does not contain optimal levels of fluoride. Some contain no fluoride. When water is treated prior to bottling fluoride may be lost. For example, many popular brands of bottled water

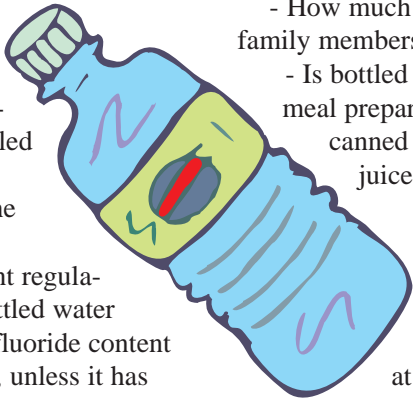
undergo reverse osmosis or distillation. These treatments remove all of the fluoride from the water.

How can you make sure you and your family (especially children) are getting the right amount of fluoride protection in bottled water? Check the label for fluoride content. The U.S. Food and Drug Administration’s current regulations do not require bottled water companies to indicate fluoride content on bottled water labels, unless it has been added to the water.

Contact the company if the fluoride content is not shown on the label and ask what the level of fluoride the water contains. Amounts of fluoride are the same whether they are reported in parts per million or milligrams per liter. To help prevent tooth decay, water should contain 0.7 to 1.2 ppm per fluoride. One part per million (ppm) is equal to one mil-

ligram per liter (1mg/L).
What you should know about bottled water
Consider:
- How much bottled water do you (or family members) consume each day?
- Is bottled water also added for meal preparation and added to canned or powdered soups, juices and other drinks?
- Is another source of drinking water used during the day, such as an optimally fluoridated community water supply at daycare, school, or work.

Don’t overlook your home water treatment systems, such as reverse osmosis and distillation units, which may remove fluoride from water supplies. It’s a good idea to look at the manual for these devices or to contact the manufacturer if you can’t determine their effect on fluoride levels.
Source: Courtesy of the American Dental Association.



Health Promotion Center February-March Class Schedule

February

Class	Date	Time
Self Care & Health	26	1-3 p.m.
Breastfeeding Support Group	27	1-2:30 p.m.

March

Class	Date	Time
Cholesterol and Lipids	1	8:30-11:30 a.m.
Diabetes Education	1	12:45-4:30 p.m.
Diabetes Education	2	12:45-4:30 p.m.
Office Yoga	3	Noon to 1 p.m.
Introduction to Weight Reduction	5	Noon to 1:30 p.m.
Breastfeeding Support Group	5	1-2:30 p.m.
Diabetes Education	8	12:45-4:30 p.m.
Diabetes Education	9	12:45-4:30 p.m.
Stress Management	9	1-2 p. m.
Tobacco Cessation “Readiness to Change”	9	5-7 p.m.
Breast and GYN Cancer Support Group	10	9:30-11 a.m.
Office Yoga	10	Noon to 1 p.m.
Fibromyalgia Treatment Group	10	1-3:30 p.m.

Note: Appointments for Diabetes Education are scheduled through the Internal Medicine Clinic at 916-0794. Appointments for the Fibromyalgia Treatment Group require a consult to Behavioral Medicine Clinic. To schedule Winning Combination and Introduction to Weight Reduction, call the Nutrition Care Division at 916-5525. To schedule Back Pain, call Physical Therapy at 916-3247.



Soldiers are trained to maneuver through obstacles while carrying a wounded Soldier on a litter.

187th Medical Battalion Soldiers train to fight

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs

A squad of Soldiers is under attack by enemy fire. Before long they are under a chemical attack. The Soldiers have nine seconds before they succumb to the deadly gas. One Soldier lies still on the ground, his mask beside him. Gunfire erupts in the distance. The Soldiers decide they must start moving or be killed. As they move on, one Soldier is wounded. The squad leader radios for help. A litter arrives to transport the wounded Soldier. The rest of the squad moves in and secures a safe

perimeter around the wounded Soldier as he is evaluated and carried to the litter. In order to save their wounded comrade the Soldiers must climb high walls and maneuver tight spaces to transport the wounded Soldier and avoid enemy fire. This scenario was played several times at Salado Creek on Saturday as 200 Soldiers assigned to the 187th Medical Battalion took part in the Common Task Training Combat Lane Training. The first half of the day was spent training on Nuclear Biological Chemical tasks, weapons maintenance, and land mines. Movement technique drills involved reac-

tion to different types of situations, including unit or individual maneuver while under enemy attack. After lunch, the Soldiers were divided into squads of 12 to 15 each to prepare for Combat Lane Training. The Soldiers were tested on reaction to certain events based on the scenario that they encountered. During this time the Soldiers experienced an ambush, a Nuclear Biological attack, and a minefield. "They might have to react to casualties and transport casualties. Casualties are not usually part of CTT, but it is part of combat," said Capt. Todd McNeish, commander, E Company, 187th

Medical Battalion. Other tasks included employing hand grenades, reacting to indirect fire while dismounted and moving under direct fire, selecting temporary fighting positions and tactical radio communication. "The objective of the training is to be as realistic as possible to compel the Soldier to be able to fight in any conditions," according to Sgt. 1st Class Pamela Jones. "Through CTT Combat Lane Training, Soldiers develop faith in themselves and develop teamwork skills, so that no matter where they are assigned they will be trained and equipped to fight," Jones said.



Soldiers are required to learn compass techniques to orient direction of travel to designated patient pick up points on the battlefield. Soldiers are tested on the proper technique to transport a wounded Soldier on a litter over a high wall.



A Soldier uses the fireman carry technique to transport a wounded Soldier.



Soldiers wait as instructors inspect their M-16s. Weapons maintenance is part of CTT.



Through CTT Combat Lane Training Soldiers are evaluated on how well they react to a wounded Soldier.



A Soldier signals that he has located a land mine. This type of training involves how to retreat from a mine field when a mine has been found.



187th Medical Battalion Command Sgt. Maj. Jackie McFadden presents members of the Military Order of the Purple Heart his command coin as a token of appreciation for taking time to visit with the Soldiers and talk to them about their military experiences.

Post worship schedule

Main Post Chapel, Bldg. 2200, phone numbers: (210) 221-2754.

Catholic Services:

- 4:45-5:15 p.m. - Confessions - Saturdays
- 5:30 p.m. - Mass - Saturdays
- 9:30 a.m. - Mass - Sundays
- 11:30 a.m. - Mass - Weekdays

Protestant Services - Sundays:

- 8 a.m. - Traditional Protestant
- 11 a.m. - Traditional Protestant

Jewish Services: phone numbers: (210) 379-8666 or 493-6660.

- Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg Shabbat



Dodd Field Chapel, Bldg. 1721, phone numbers: (210) 221-5010 or 221-5432.

Catholic Services - Sundays:

- 12:30 p.m. - Bilingual Mass

Protestant Services:

- 8 a.m. - Contemporary Protestant - Sundays
- 10:30 a.m. - Collective Gospel Protestant - Sundays
- 9:30-11:30 a.m. - Women’s Bible Study (PWOC) - Wednesdays, childcare is provided



AMEDD Regimental Chapel, Bldg. 1398, phone number: (210) 221-4362.

Troop Catholic Mass: Sundays:

- 10 a.m. - 32nd Medical Bde. Soldiers

Troop Protestant Gospel Services: Sundays:

- 11:30 a.m. - 32nd Medical Bde. Soldiers

Troop Protestant Service:

- 9 a.m. - 32nd Medical Bde. Soldiers



FSH Mosque, Bldg. 607A, phone numbers: (210) 221-5005 or 221-5007.

- 1:30 p.m. - Jumma - Fridays
- 10:30 a.m. - Children’s Religious Education - Sundays
- 7:30 p.m. - Adult Religious Education - Thursdays

Brooke Army Medical Center Chapel, Bldg. 3600, phone number: (210) 916-1105.

Catholic Services:

- 8:30 a.m. - Mass - Sundays
- 11:15 a.m. - Mass - Sundays
- 11 a.m. - Mass - Weekdays

Protestant Services:

- 10 a.m. - Worship Service - Sundays
- Noon - Worship - Wednesdays



232nd Medical Battalion Classroom, Bldg. 1380, phone numbers: (210) 221-5005 or 221-5007. **Mormon Services:** 10:30 a.m. - Sundays

Web site: www.cs.amedd.army.mil/chaplain



Mark Collins, a historical re-enactor, portrays Gen. George Washington as he inspires Soldiers of B Company, 187th Medical Battalion during evening formation.

Washington speaks to Soldiers

Story and photo by Chaplain (Capt.) David Schlichter
187th Medical Battalion

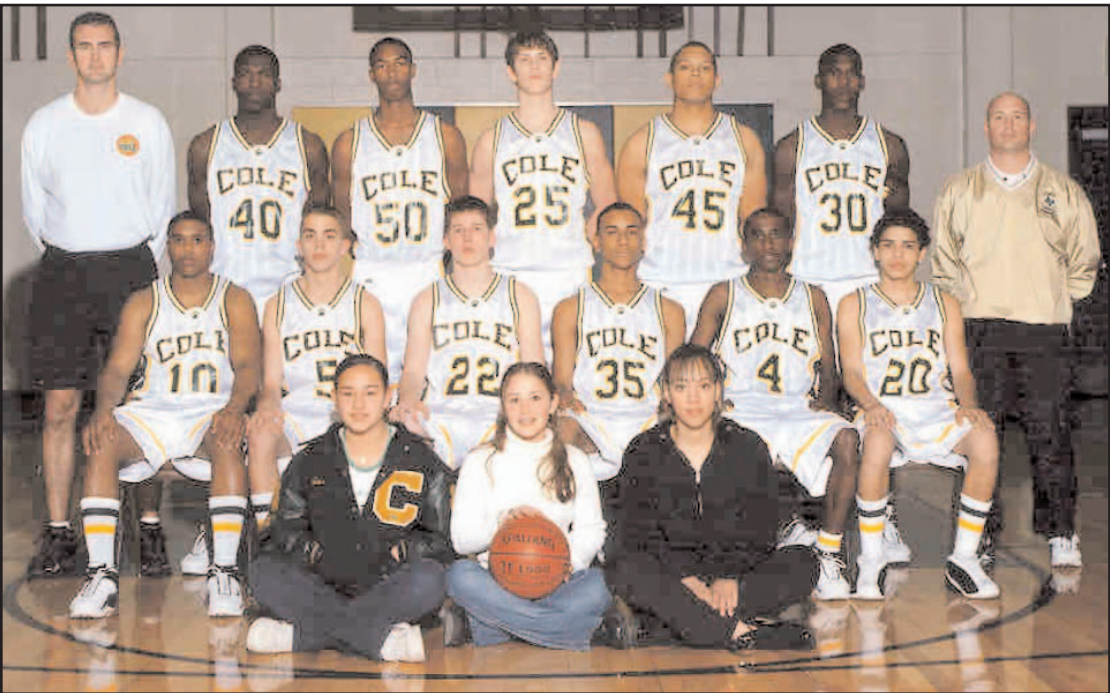
The most distinguished former president of the United States and General of the Armed Forces, George Washington addressed the enlisted leadership at its monthly cadre luncheon, held at Ryan’s Steakhouse on Tuesday, Feb. 17. He spoke regarding overcoming tremendous demands and maintaining ones personal devotion for faith and leadership.

On Friday Gen. Washington addressed Soldiers of B Company, 187th Medical Battalion, during their evening formation, regarding overcoming hardship and failure. This monumental American hero is not remembered for his failure and poor planning at “Fort Necessity.” That is because he did not allow failure to define his character, but insisted that his Christian character carry him through to success.

Washington encouraged the Soldiers by stating, “As Soldiers, we will face many demands and at times insurmountable obstacles. If we fail to meet our expectations, or fail to accomplish the mission, it is vital that our character help us to overcome the failure and carry on, learn from the mistakes and grow stronger because of it.” Washington spoke of his daily devotion to prayer and how his faith, and often his faith alone, saw him through the overwhelming difficulties in leadership that helped him form the foundation of our blessed nation. As we serve this nation we serve God and country and we must never forget God knows sacrifice. God knows the calling of a Soldier.

Gen. Washington was played by Mark Collins, a historical re-enactor and speaker, drawing attention to the president’s birthday, while teaching the significance on faith while serving in the military.

Washington’s birthday was Feb. 11, but in 1752, corrections of the Gregorian (New Style) calendar, changed Washington’s birthday to Feb. 22.



Courtesy Photo

Members of the Cole Cougar Basketball team are, back row left to right, Coach Herb More, Billy Collins, Johnny Lucas, Jon Brown, Dabrion Mobley, Josh Collins, and Assistant Coach Howard Baer. Middle row left to right, Kenny Simmons, Shane Russe, Dan Philbrick, Erin Simmons, Donnell Weary, and David Brooks. Seated are the statisticians, left to right, Crystal Lang, Amber Bocanegra, and Tasha Carr.

Cougar basketball team wins district

By Dr. Gloria Davila
Associate Superintendent

The Robert G. Cole Jr./Sr. High School basketball team has earned the title of District 29-2A Co-Champion for 2003-2004. Cole’s overall record is 26-4, including a district record of 13-1 for the school year. Cougar coach Herb More exclaims, “We are pretty pleased with this year’s record, considering we had only three out of 10 players returning this year. The goal now is to focus on playing our best in the playoffs.”

Cole will play Refugio or Santa Rosa for the area title in Gonzales or Floresville on Thursday or Friday night.

Coach Herb More was a Cougar basketball player himself, having graduated from Cole High School in 1981. While playing basketball for Cole, he earned several honors, including selection to the San Antonio All-City basketball player, Texas High School Coaches Association’s All-Star team, District 27-3A Most Valuable Player, and the leading scorer in San Antonio in 1981. He graduated from Trinity University in 1985 with a bachelor of art degree in secondary education, majoring in mathematics and physical education. Since then, Coach More has taught math and coached basketball, including Shaquille O’Neal during his senior year in 1989. He is currently pursuing a master’s degree in school administration.



Photo by Dr. Roland Rios

Solo and Ensemble winners from left, Alexis Reese, Antonio Vizcarrondo, Michelle McClendon, and Molly Sawyer.

Cole students advance to state

Robert G. Cole Jr./Sr. High School students competed in the 2004 UIL Choir Solo and Ensemble Competition on Saturday, Feb. 7 at Clemens High School in Schertz, Texas. The following students earned division ratings: Michelle McClendon, 9th grade, 1st division rating; Alexis Reese, 11th grade, 2nd division rating; Antonio Vizcarrondo, 11th grade, 1st division rating; and Molly Sawyer, 12th grade, 1st division rating. Molly Sawyer and Antonio Vizcarrondo advance to the State UIL Choir Solo and Ensemble Competition, to be held in San Marcos at Texas State University on May 29. Coach Dan Vasquez reports, “I am very proud of these four students. Each one of them worked very hard in order to compete.” He continues, “Not everyone decides to participate in such events. I’m pleased with their dedication and determination.” Source: FSH ISD.



Members of the Cougar Battalion, left to right, Cadet 1st Lt. Alex Meir, guest speaker Lonnie Garza, Cadet Maj. Jovan Ebalaroza, and Cadet 1st Sgt. Erika Persaud.

Cadets receive historical perspective

Story and photo by Cadet 1st Lt. Ashley Kelley
Cole High School JROTC

On Thursday, Feb. 19, the Robert G. Cole Jr./Sr. High School JROTC battalion had the privilege of listening to guest lecturer Lonnie Garza from VFW Post 9186. Garza, a Vietnam veteran, thoroughly entertained the cadets with military displays, demonstrations, and personal anecdotes. He made available a large collection of uniforms, equipment, and medals for the students to handle in his demonstrations. Along with his message of staying true to one’s family and country, he emphasized the importance of staying in school and obtaining as much education as possible. Garza is known throughout the San Antonio area high schools where he has regularly lectured for the past few years. Members of the Cougar Battalion are hopeful for a return visit.

Cole Winter awards ceremony, March 8

Robert G. Cole Jr./Sr. High School will hold the Winter “C” awards ceremony on Monday, March 8, 6 p.m. at the school’s Thomas E. Moseley gymnasium. Students participating in band, drama, athletics, ROTC and Academic Decathlon team will be recognized. The award ceremony honors academic and athletic excellence as well as achievement in the fine arts. The Cougar Pride Club will host a reception in the cafeteria after the presentation. Parents, staff, and community members are invited to attend. For more information, call Karen Bagg at 212-5359.

Cole Cougar Pride Club sells Fiesta parade tickets

The Cole Cougar Pride Club, the school’s teacher-parent organization, is selling tickets to the Fiesta 2004 parades. The Battle of Flowers parade will be held Friday, April 23 with the vanguard starting at 11:50 a.m. and the parade at 12:45 p.m. The Fiesta Flambeau parade will be held the evening of Saturday, April 24, with the vanguard at 6:50 p.m. and the parade at 7:35 p.m.

Seats are \$7 each and are located along the 100 block of East Commerce St. Call Shari Mullins at 226-9568 to purchase your seats. The Cole Cougar Pride Club conducts a variety of events to support students and teachers. All profits from the ticket sales benefit the students, in the form of scholarships, the “C” Awards presentations, and Project Cougar, which in the past has donated funds to acquire the radio station transmitter, benches, and other items benefiting the school.

Fort Sam Houston ISD Weekly Campus Activities March 1-6, 2004

Fort Sam Houston Elementary School

- Tuesday, March 3**
- Reading Across America
- Thursday, March 4**
- TAKS: Grade 3 Reading
 - PTO Board Meeting
- Friday, March 6**
- Spirit Day



Robert G. Cole Jr./Sr. High School

- Monday, March 1**
- Registration Visits by Counselors (Grade 10 English Classes, Grade 8 Social Studies Classes)
 - Cougar Pride Executive Meeting in Library, 5:30 p.m.
 - Cole Golf Team at Natalia, all day
 - Boys Basketball Quarterfinal Playoff, TBA
- Tuesday, March 2**
- Registration Visits by Counselors Grades 9 and 11 English Classes
 - Baseball vs St. Gerard at Cole, 4:30 p.m.
 - Boys Basketball Quarterfinal Playoff, TBA
- Thursday, March 4**
- Varsity Track at South San High School, all day
- Friday, March 5**
- Registration Visits by Counselors Grade 7 Social Studies Classes
 - Varsity Track at South San High School, all day
 - Baseball at St. Gerard, 4:30 p.m.
 - Cole Tennis Team at Dominion Invitational Tourney, TBA
- Saturday, March 6**
- Cole Tennis Team at Dominion Invitational Tourney, TBA




Career Clips

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP office, Bldg. 2264 or call 221-1213.

Medical Instructor/Operations Coordinator - San Antonio. Assists the Chief as needed to perform planning and programming training support. Supervises and supports the synchronization and integration of training support technicians.

Associate-Authorization Coordinator - San Antonio. Collects, processes, and monitors routine to moderately complex claims, healthcare services data. Verify benefits to customers. Thorough knowledge of medical terminology and CPT coding and ICD-9 coding.

DRG Quality Coordinator - San Antonio. Certification as a RHIA, RHIT, or CCS. Experience in inpatient ICD-9 CM coding and knowledge of DRG Prospective Payment Systems. Monitors and reports multiple projects simultaneously.



Civilian Workshops scheduled

The Army Career and Alumni Program staff will conduct Resume, Writing, and Interviewing Workshops for DoD civilian employees who are contemplating leaving federal service workforce. Workshops are being offered on the following dates: March 10, April 16, and May 5. To register as an ACAP client and to reserve a seat in one of the workshops, call 221-1213. Workshops will be cancelled and clients rescheduled, if there are less than 10 confirmed attendees one week prior to the workshop. Register now and get your friends and family members to do the same.

Fort Freebies

Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, contact Prime Time at 453-3300. To submit a Fort Freebie, e-mail to: news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request. Limit of five items per entry.

For Sale: Hot tub and gazebo, great for backyard, \$1,400; 1984 boat to fish or ski, runs great, garage kept, \$2,350. Call 221-0796.


For Sale: Left-handed golf clubs, set 3-pw Ram FX2 with steel shafts still in plastic, \$80; Ram 10.5 degrees driver still in plastic, \$25; Adams golf 9 degrees driver, \$25; used 2 Purespin wedges 52 degrees and 56 degrees, \$27; used Mizuno 9 degrees forged T-Zoid driver, \$40. Call 264-1363 or 666-1514 evenings.

For Sale: Car speakers, Kenwood KSC-WA82RC enclosed subwoofer, \$100 obo; Kicker VS10L5 vented enclosure system 450 w, 2 months old, \$300. Call 295-2392.

For Sale: GE refrigerator/freezer, 21 cu. ft. with icemaker/water dispenser, \$300; 1999 Dodge Ram 1500 blue pickup, with trailer hitch, 84K miles, \$6,000. Call 651-4393.

For Sale: 2002 Mustang V.6 Coupe, 17.5K miles, with Mach MP3 system, cruise control, leather steering wheel, power locks-windows-driver’s seat, rear spoiler, free radar detector, \$13,150 firm. Leave a message at (877) 366-9832.

For Sale: HD-ready Sony 36” TV,



flat tube, Model KV36HS510 with Hi-Fi sound system, measures 40” wide by 30” in height and 25.5” deep, \$1,200. Call 946-209.

For Sale: 4-wheeled hand-brake walker, \$150; 3 Turkish rugs 3’ x 5’, \$150 each; 1 Turkish Kilim, \$75; Necchi sewing machine with attachments, \$250; 1996 Olympic games Coca Cola patio set \$375, Sony 20” Trinitron NTSC/PAL TV, \$30. Call Alan 659-3629.

For Sale: GE 30” black “Select Top” built-in modular downdraft cooktop, \$75; Polaris 165 swimming pool cleaner, \$50; Natural pine kitchen table with leaf (62” by 32”) with 4 chairs, \$50; white queen size bed with pull-out drawer, 2 night stands and book case, \$75. Call 221-2509 or leave a message at (830) 980-2622.

For Sale: 2001 Mobile Scout 26 cks, take over payments. Call Rachel at (830) 931-9060.

For Sale: Wood and wrought iron beds, ideal for quarters, \$250. Call 223-9501.

For Sale: Horn sewing machine cabinet with air lift, \$50. Call 654-1148 and leave a message.

Pre-Job Fair ‘Tune-up,’ March 12



- How to work a Job Fair
- Who will be there, times
- What to bring, how to dress
- Fine tune your Job Fair skills
 - March 12, 9-11 a.m.
- Sign-up at ACAP Center, 221-1213
 - Bring your resume to class


San Antonio community Job Fair, March 24

More than 100 employers are expected at the San Antonio Military Community Job Fair March 24, 9:30 a.m. to 3 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road.

The event is sponsored by:

- Fort Sam Houston Army Career & Alumni Program
- Fort Sam Houston Family Member Employment Assistance Program
- Lackland AFB Transition & Career Focus Programs
- Randolph AFB Transition & Career Focus Programs
- Webster University Alumni Association
- Texas Workforce Commission

For information, call the Fort Sam Houston ACAP Center at 221-1213.



Wayland Baptist graduates for February

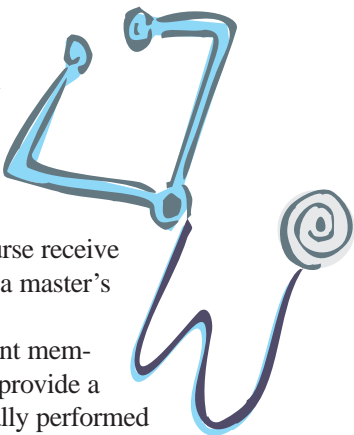
The Army Continuing Education System presents and congratulates the following Wayland Baptist graduation class for February:

- Military graduates:**
Sgt. Juan Almonte, Associate of Applied Science
Sgt. Maj. Hebert Aviles Rodriguez, Associate of Applied Science
Staff Sgt. Sathelier Bates, Bachelor of Science in Occupational Education
Sgt. 1st Class Gary Berkley, Bachelor of Science in Occupational Education
Sgt. Rodney Brown, Bachelor of Science in Occupational Education
Sgt. Joretha Carodine, Bachelor of Science in Occupational Education
Staff Sgt. Tony Carodine, Bachelor of Science in Occupational Education
Spc. LaShawn Carroll, Associate of Applied Science/Bachelor of Science in Occupational Education
Staff Sgt. Cassandra Colondres, Bachelor of Science in Occupational Education
Sgt. 1st Class Clevester Douglas Jr., Bachelor of Science in Occupational Education
Sgt. 1st Class Lisa Dulaney-Gutierrez, Bachelor of Science in Occupational Education
Staff Sgt. Hollis Ensley, Bachelor of Science in Occupational Education
Sgt. 1st Class Tony Erskine, Bachelor of Science in Occupational Education
Staff Sgt. R. Steven Geraldo, Bachelor of Science in Occupational Education
Sgt. 1st Class Jose Gutierrez, Bachelor of Science in Occupational Education
Master Sgt. Jacqueline Hamilton, Associate of Applied Science/Bachelor of Science in Occupational Education
Sgt. 1st Class William Hernandez, Bachelor of Science in Occupational Education
1st Sgt. James Herron, Bachelor of Science in Occupational Education
Sgt. 1st Class Michael Jackson, Associate of Applied Science/Bachelor of Science in Occupational Education
Staff Sgt. Jonas Johnson, Bachelor of Science in Occupational Education
Staff Sgt. Michael Jones Bachelor of Science in Occupational Education
Staff Sgt. Michelle Lester, Bachelor of Science in Occupational Education
Staff Sgt. Roger Martin, Bachelor of Science in Occupational Education
Staff Sgt. Mischele McCall, Associate of Applied Science
Sgt. 1st Class Gabrielle McNabb, Bachelor of Science in Occupational Education
Sgt. 1st Class William Medina, Bachelor of Science in Occupational Education
2nd Lt. Michael Meza, Bachelor of Science in Occupational Education
Sgt. 1st Class Caesar Morrison, Associate of Applied Science
Staff Sgt. Everard Pemberton, Associate of Applied Science/Bachelor of Science in Occupational Education
Sgt. 1st Class Tina Pirofsky, Bachelor of Science in Occupational Education
Chief Warrant Officer Two Roelfelix Pulido, Bachelor of Science in Occupational Education
Sgt. Sean Rogers, Bachelor of Science in Occupational Education
Sgt. 1st Class Sylvester Ryan, Bachelor of Science in Occupational Education
Master Sgt. Drusilla Smith, Associate of Applied Science/Bachelor of Science in Occupational Education
Sgt. Stephen Springer, Associate of Applied Science/Bachelor of Science in Occupational Education
Sgt. 1st Class Joseph Stewart II, Bachelor of Science in Occupational Education
Sgt. Timothy Warner, Bachelor of Science in Occupational Education
Sgt. 1st Class Craig Watts, Associate of Applied Science
Sgt. 1st Class Holly White, Bachelor of Science in Occupational Education
Sgt. 1st Class Shannon Willett, Bachelor of Science in Occupational Education
Sgt. 1st Class Randolph Williams, Bachelor of Science in Occupational Education
Master Sgt. Rebecca Yuille, Bachelor of Science in Occupational Education
Retired graduates:
Master Sgt. Jesus Torres Jr., Bachelor of Science in Occupational Education
Sgt. Maj. Morris Walton, Bachelor of Science in Occupational Education
Civilian graduates:
Elena Aguillon, Bachelor of Science in Occupational Education
Antonio Alviar Jr., Associate of Applied Science/Bachelor of Science in Occupational Education
Brigitte Booker, Bachelor of Science in Occupational Education
Charles Gregg, Bachelor of Science in Occupational Education
Shirley Hansen, Associate of Applied Science/Bachelor of Science in Occupational Education
Mary Hathaway, Bachelor of Science in Occupational Education
Cary Jeffery, Associate of Applied Science/Bachelor of Science in Occupational Education
Ernest Jones, Bachelor of Science in Occupational Education
Margarita Lopez-Figueroa, Bachelor of Science in Occupational Education
Yvonne Martinez, Bachelor of Science in Occupational Education
Alberto Molina, Bachelor of Science in Occupational Education
Anne Marie Parkhurst, Bachelor of Science in Occupational Education
Freeman Peterson, Bachelor of Science in Occupational Education
Saul Ramirez, Bachelor of Science in Occupational Education
Terry Worley, Bachelor of Science in Occupational Education

Army trains Physician Assistants

The U.S. Army is looking for qualified Soldiers to attend the Interservice Physician Assistant Program at the AMEDD Center and School, Fort Sam Houston, Texas. This is an intensive two-year course of study. Graduates of the course receive a commission as a second lieutenant, and a master’s degree from the University of Nebraska.

Army Physician Assistants are important members of the AMEDD healthcare team and provide a broad range of medical services traditionally performed by physicians. They are the primary medical provider to Soldiers in battalion and division level units and may also provide garrison healthcare to Soldiers, family members, and other eligible beneficiaries. The Army PA has served the nation in all conflicts and peacekeeping missions since the Vietnam War.



The Army trains approximately 50 Soldiers a year alongside candidates from the Air Force, Navy, Coast Guard, U.S. Army Reserve, National Guard, and U.S. Public Health Service. Candidates attend the AMEDD Center and School for the classroom portion of the program. Courses range from anatomy and physiology to orthopedics. During a year of clinical training at selected Army hospitals, the candidates participate in clinical rotations in such areas as surgery, pediatrics, and dermatology.

Applicants must be enlisted Soldiers, commissioned or warrant officers with a minimum of three years time in service. Other eligibility criteria include, but are not limited to; a GT score of 110 or greater, 60 semester hours of post secondary school education of which 30 hours must include six hours of English, six hours of humanities, six hours of chemistry, six hours of anatomy and physiology, three hours of algebra, and three hours of psychology.

Applications for this program are accepted until April 30 of each year and are reviewed by a board in July of each year. Complete application procedures are found in AR 601-20, The Interservice Physician Assistant Training Program, and in the yearly message update to the regulation found on the Web site <http://healthcare.goarmy.com/docs/paqual3.htm>. Local Army education centers can also assist applicants with procedures. Questions can be directed to the program manager at DSN 536-0386, Commercial 502-626-0386, toll free 1-800-223-3735 extension 6-0386, or e-mail ipap@usarec.army.mil.

Recreation and Fitness

MWR is on the Web - Find all the latest news on MWR’s programs, facilities and activities at www.fortsamhoustonmwr.com.

3-D Archery at Camp Bullis - The next 3-D archery shoot will be held Feb. 28-29 at Camp Bullis. This exciting competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in a woodland setting. Prizes will be awarded to the top three in each class. Check-in from 8-10 a.m. Saturday’s shoot is \$15, all competitive and Sunday’s shoot is either competitive for \$15 or non-competitive for \$10. Minis and cubs shoot free with a paid adult and a playground is available for kids. Open to the public.

Get Spring off to a Running Start - Sign up now for the Spring Fling 10K and 5K fun run, March 7, 7:30 a.m. beginning at the Brigade Gym. Download a registration form online at www.sam-houstonmwr.com or pick one up from the Jimmy Brought Fitness Center.

Youth Horsemanship Program - Students age 7-18 will learn proper riding form as well as a variety of care techniques. The next camp will be held

March 15-19, 9 a.m. to 3 p.m. each day at the Fort Sam Houston Equestrian Center. Cost is \$165. For information, call 224-7207.

Aerobathon - The aerobathon will be held March 13, 9 a.m. to noon at the Jimmy Brought Fitness Center. Get moving for three hours of non-stop aerobics fun including step moves, abs and low impact aerobics. Cost is \$10 and participants receive a t-shirt.

March Classic Basketball Tournament - Cheer the teams at the annual March Classic Basketball Tournament, March 13-14, 8:30 p.m. each night at the Jimmy Brought Fitness Center.

Brig. Gen. Johnson 10K Race - Join the Big. Gen. Johnson Memorial 10K race and 5K fun run, March 21, 7:30 a.m. starting from the Brigade Gym. Download a registration form at www.fortsamhoustonmwr.com or pick one up from the Jimmy Brought Fitness Center.

Women softball players needed - To join the women’s softball intramural team, call Earl Young at 221-1180.

Intramural Basketball League Standings

Feb. 20 Team	W	L
BAMC	13	1
DFAS	13	2
STB	10	5
Acad Bn	9	5
5th Recruiting	7	8
Navy/Marines	5	8
NCO Academy	5	11
418th Med Log	3	12
LEC	1	14
Feb. 17		
Acad Bn	57	LEC 45
Navy/Marines	52	NCO Academy 41
BAMC	62	418th Med Log 45
DFAS	67	STB 66
Feb. 19		
Acad Bn	72	418th Med Log 54
BAMC	66	DFAS 60
Navy/Marines	50	LEC 45
5th Recruiting	50	NCO Academy 47

B Company, Academy Battalion Team #1 wins Ping Pong tournament

B Company, Academy Battalion Team #1 won the intramural Ping Pong Tournament by a team from Human Resources Business Center on Feb. 19. B Company, Academy Battalion Team #1 was undefeated throughout the tournament and was forced to play one match to a tie-breaker beating HRBC 2 to 1 sending them into the losers bracket. HRBC came back and beat B Company, Academy Battalion Team #2 for the right to play for the championship. Again the two teams went to three games with B Company, Academy Battalion Team #1 winning 2 to 1, claiming the Intramural Ping Pong Championship.



DFAS Team #7 wins Billiards tournament

A team from Defense Finance and Accounting Services won the intramural billiards tournament held at NCO Club Feb. 19. DFAS Team #7 defeated Navy/Marine Corps Reserve Center Team #1 2 to 1. DFAS Team #7 went undefeated throughout the Tournament. In the 33rd Game of the Tournament DFAS #7 defeated NMCRC #1 2 to 1 to send them into the losers bracket. NMCRC #1 fought their way back to eventually play DFAS #7 for the championship. Knowing that they would have to beat them twice to win the championship. The game went down to the final two balls on the table to win with DFAS sinking the 8 ball and winning the championship.



Youth Happenings

Exploring Life for Middle School Students - Youth Services offers an after school program for middle school youth grades 6-9 on Monday through Friday after school until 6 p.m. YS will pick up your child from the school (either the elementary or the Jr./Sr. high school and take students to the Youth Center. Students will have a snack, work on homework, participate in clubs and do participate in fun innovative projects such as 4-H Club, a Photography Club, a Computer Tech Club and others. The best feature of this program is that this is a free program. Youth must be registered with Child and Youth Services at an \$18 annual fee. For information, call 221-3502.

Youth Services needs Volunteers - YS is looking for volunteers to assist with youth programs. Sports coaches, computer skilled people, crafty people and those who just care about kids are welcome. If you have a special interest

or hobby that you would like to share with kids, call the Youth Center at 221-3502.

Baseball Registration, ends Feb. 27 - Youth Services baseball registration, now through Feb. 27. Cost is \$45 for 5-18 year olds and \$25 for 3-4 year olds. The season runs from mid March to the beginning of June. Birth certificate, and physical are required. All participants must be registered with the Child and Youth Services. For information, call 221-3502.

Dance Class Registration - Registration is ongoing through Feb. 27, for Spring Dance Classes with the recital in May. Classes will be held on Friday at the School Age Services Center, Bldg. 1705. Cost is \$26 for 40 minutes, \$28 for 50 minutes and \$30 for 60 minutes.

The following is the schedule: 3-4 year-olds, 5:30-6:10 p.m.; 5-6 year-olds, 6:10-7 p.m.; and 7 and up, 7-7:50 p.m. For information, call the Youth Center at

221-3502

Saturday Open Recreation - Open recreation for youth in grades 1-12 is held at the Youth Center on Saturdays. Activities include computer lab, arts and crafts, basketball, pool, ping-pong, movies, and more. If you are registered with Child and Youth Services then you are eligible. Bring your child to the Youth Center for an afternoon of fun!! For information, call 221-3502. The following are the hours: 1-5th grades, 3-8 p.m.; 6-8th grades, 3-10 p.m.; and 9-12th grades 3-11 p.m.

Saturday Shuttle - Youth Services offers a Saturday afternoon shuttle to and from the Youth Center. There is no cost for this service, but parents of children 9 and under must wait for the van and sign them into and out of the van with the YS staff member. The Shuttle Schedule is as follows:

3 p.m. - Van leaves the Youth Center
3:07 p.m. - Gorgas Circle (Picnic

Tables)
3:10 p.m. - Schofield/Dickman on Schofield
3:15 p.m. - Reynolds and Dickman on Reynolds
3:20 p.m. - Officer’s Club tennis Courts
3:25 p.m. - Artillery Post Road at Bus Stop
3:30 p.m. - Easley/Infantry Post Bus Stop 660
3:42 p.m. - Patch Road (Playground)
3:46 p.m. - Patch Road Shoppette Parking lot
3:50 p.m. - Foulouis/Scott Road Harris Heights
3:54 p.m. - Forage/Foulouis
The return shuttle leaves the Youth Center at 7:30 p.m. for those in 5th grade and below. There is also a shuttle that leaves at 9:30 p.m. for those in Middle School and at 10:30 for those in 9th grade and up. Shuttles service is only for youth who live on post.

Child and Youth Services Central Registration offers many services

3-Day Part Day Preschool Program on hold - The 3-day Part Day Preschool program has been placed on hold due to lack of enrollment numbers. If you are interested and have questions concerning this program, notify Central Registration to place your name on a list. Fees range from \$151-\$200 per month and will be assessed by calculating total family income.

Family Child Care offers certified childcare - The FCC home-based child-care for children ages 4 weeks to 12 years on and off post with certified childcare providers. Types of care are full day, part day, before and after school care, hourly care, and extended hour care and long-term care. Referral information and child registration are available at Child and Youth Services Central Registration, 221-4871 or 221-1723.

FCC providers sought - The FCC is looking for family members interested in becoming certified FCC providers to offer home based childcare. There is a no-cost start up plan. For information, call 221-3820 or 221-3828.

Wait List status - If your child’s name is on the Wait List for full day care at the Child Development Center, check the status of the name on the wait list from the day you complete the form; otherwise your child’s name will be purged from the list. To check the status, call Central Registration at 221-4871 or 221-1723.

Instructional classes offered - If you are interested in instructional classes such as Tae Kwon Do, Piano or gymnastics, call 221-4882 or 221-4871/1723. For quarterly Babysitter training course or other information, call 221-4871 or

221-1723.

After School and Weekend Recreation - School Age Services (Kindergarten - 5th grade) offers After School and Weekend Open Recreation opportunities and After School hourly care options. Hourly and Open recreation must be reserved in advance by calling School Age Services at 221-4466. Children must be registered through Central Registration prior to utilizing the School Age Program. To register, call Central Registration at 221-4871 or 221-1723.

School Age Services Summer Camp early registration - Early registration at the School Age Services building for Summer Camp will be

April 12-16, 9 a.m. to 6 p.m. for active duty personnel only. For DoD civilians/contractors and retirees, registration will be held April19-23, 9 a.m. to 6 p.m. After those dates all registration will be at Central Registration, Bldg. 2797. To register for Summer Camp children must have completed kindergarten, provide updated immunizations, \$18 dollar registration fee and provide proof of income.

Dear Parents...

Do your children need a safety helmet?





Community events

‘Steel Magnolias’ at the Harlequin now through March 27

The Harlequin Dinner Theatre at Fort Sam Houston will feature “Steel Magnolias,” a play by Robert Harling, Wednesday through Saturday evenings now through March 27. Prices are \$25.95 on Friday and Saturday and \$22.95 on Wednesday and Thursday. There are discounts for military and students. The house opens for cocktails and salad bar at 6:15 p.m., dinner is served from 6:30-7:30 p.m. and show time is 8 p.m. For reservations, call 222-9694 or visit the theatre in advance. The box office is open Monday through Friday, noon to 5 p.m. and Saturdays, 1-5 p.m. Theatre is handicapped accessible.

Selma Pathfinders Walk, Feb. 28- 29

The Selma Pathfinders volksmarch club will host two 10-kilometer (6.2 miles) walks at the Lost Maples State Natural Area on Feb. 28- 29. For information, call Phyllis Eagan at 496-1402 or e-mail at milchene@juno.com or visit the club’s Web site at www.geocities.com/Yosemite/Gorge/8195/.

Texas Volkssport Assn. Walk, March 6-7

The Texas Wanderers Volkssport Association will host two 10-kilometer (6.2 mile) walks starting at McKinney Falls State Park in Austin. For information on the walk, call Charles Wortz at (512) 479-0741 or e-mail at: cwortz@texas.net and check out the club’s Web site at www.walktexas.org.

ACOG sponsors ‘Dial-A-Trailer Dumpster’ Day March 6

The Government Hill Alliance Neighborhood Association will sponsor “Dial-A-Trailer Dumpster Day on Saturday March 6, 8 a.m. to 2 p.m. South of Interstate 35, West of Hackberry Street near Crosby Street. Garbage trucks will be stationed ready to receive items too large for regular trash pickup. Plan to clean your yard, garage, attic, tool shed and join the clean up effort. Bring your items to the pickup site. Note: Do not bring hazardous chemicals, paint, concrete, bricks, sod, commercial or industrial waste and other hazardous material. For information or to volunteer, call 226-6352.

Communicators hold speech contest, March 18

The Cloverleaf Communicators, ITC, will be conduct the annual speech contest March 18, 11:30 a.m. to 1 p.m. in the San Antonio Credit Union Conference Room located on Stanley Road. Cloverleaf Communicators meet on the first and third Thursday of each month, 11:45 a.m. to 1 p.m. The winner at local level will move on to compete at council level on Saturday, May 1 at the FSH Officers Club. For information, call Mariea Shelton, 916-3406.

7th Annual Komen San Antonio Race for the Cure, March 27

The 7th Annual Komen San Antonio Race for the Cure will be held March 27 at the Alamodome. Recruit your military team of 10 or more and enjoy easy advance registration and early team Race packet pick-up. There will be an award for the largest military team. Deadline for team registration is March 5. For information on team registration or to volunteer to help on Race day, log on to www.sakomen.org or call the Race Hotline at 822-8700.

Volunteer

470th MI Groups seeks Army reservists for training in March

The 470th Military Intelligence Group seeks MI Army Reservists to train for 30 days, March 15 through April

15, in San Antonio. If you have left Active Duty, but was considering the U.S. Army Reserves, if you are in the Individual Ready Reserve or know someone who is, we are looking for personnel in the following Military Occupational Specialties: 96, 97, 98, 350, 351, and 352. We will also have Troop Program Unit positions opening up soon. For information, call 295-6061.

High School Exchange Program seeks host families

Volunteer host families are needed to host international exchanges students for the upcoming 2004-2005 academic year. Students speak English; have spending money and medical insurance. Host families provide a bed, meals, and a caring environment. For information, call Yvette Coffman at (800) 942-3738.

BAMC seeks ‘Partners in Healing’ volunteers

Brooke Army Medical Center is looking for upbeat volunteers to become “Partners in Healing.” BAMC wants those who understand the hardships that Soldiers experience during separation from loved ones while coping with illness or injury. Compassionate and understanding volunteers are also needed to tend to the special needs of hospitalized seniors. BAMC currently offers 130 positions ranging from clerical, administrative and direct staff support and will match your skills and interests with administrative or patient care needs. No experience is necessary. For information, call the Office of Volunteer Services at 916-5083.

Ten Star All-Star Basketball Camp

Applications are now being evaluated for the Ten Star All-Star Summer Basketball Camp. This camp is by invitation only. Boys and girls ages 10-19 are eligible to apply. Past participants include Michael Jordan, Tim Duncan, and Vince Carter. Players from 50 states and 11 foreign countries attend the camp. Basketball scholarships are possible for players selected to the All-American team. For a free brochure, call (704) 373-0873 anytime.

Direct commissioning program available

The U.S. Army Health Care Recruiting Team is looking for qualified applicants for their direct commissioning program. Anyone working toward a bachelors’ degree in any science, nursing, physics, nutrition or engineering may qualify to become an Army officer. Interested individuals can apply at anytime. The program is open to active duty, reserve, National Guard and civilians. For information, call Capt. Beverly S. Scott at 692-7376 or (877) 570-8053 or e-mail Beverly.Casiano@usarec.army.mil.

Education

ACES announces new hours

Army Continuing Education System, Bldg. 2248, 2408 North New Braunfels, announces new hours of operations as follows: Monday through Thursday 6:30 a.m. to noon and 1-4:15 p.m. Friday 7 a.m. to noon and 1-3:45 p.m. The center is closed from noon to 1 p.m. Have your registration information and cost when requesting tuition assistance. Also have a Degree Plan from the school you plan to attend. Guidance Counselors are: Jane Moon, 221-1373, Richard Rodriguez, 221-1429, Hazel Rockeymoore, 221-1634. Reception Desk, 221-1738. Army Learning Center, Clarence Prevo, 221-1117.

United Way’s Referral Training, March 3

Attention commanders, first sergeants and Family Readiness Group leaders, United Way’s Agent Referral Training will be held March 3, 8 a.m. to 3 p.m. in the Fort Sam Houston Officers Club. Training facilitator is Joyce Houston. Cost for Club buffet lunch is \$5.95. Your unit’s Referral Agent representative should be someone who is people oriented, has knowledge of the unit mission and chain of command, is trustworthy, and is willing to accept the responsibility of providing information and making referrals to appropriate resource agencies. Upon completion of this training each participant will receive a formation packet and a valuable resource catalog. To register for the training, call Connie

Fretwell at 221-0296 or e-mail at connie.fretwell@sam-houston.army.mil or Judith Markelz at 221-0946 or e-mail judith.markelz@samhouston.army.mil.

Tuition assistance available for active duty Soldiers

Tuition assistance for active duty Soldiers is \$4,500 per fiscal year with a cap of \$250 per semester hour to include fees. The current policy of \$4,500 per year is still in effect for the U.S. Army in fiscal year 2004. Soldiers will need a degree plan from the university or college they are attending no later than completion of nine semester hours. This is a regulatory requirement that must be complied with prior to continuing in any college program. Visit the Army Continuing Education System, Bldg. 2248, to review educational goals with a professional guidance counselor. For information, call 221-1738.

Earn a master’s degree in 12 months

The National Graduate School of Quality Management is now accepting applications for a master’s program scheduled to start in March. Classes will be held one night a week, 6-10 p.m. at Fort Sam Houston. Students will earn an M.S. in Quality Systems Management. Master’s Business Project replaces thesis. Our institution is regionally accredited, nationally recognized and eligible for VA/TA benefits. Call 1-800-838-2580 or local 410-9147 or 213-1248 or visit www.ngs.edu.

Meetings

AER Fund Campaign meeting March 9

Project Officers and key workers for the Army Emergency Relief Campaign “Kick-off” are invited to a meeting on March 9, 10 a.m. at the Roadrunner Community Center, Bldg. 2797, Stanley Road. Details for conducting the campaign will be discussed and campaign materials will be distributed at that time. Names of designated project officers and key personnel should be provided to the AER office no later than March 8. For information, call the AER office at 221-1612 or 221-1474.

Purple Heart veterans sought

Purple Heart Veterans are invited to join the meeting of Military Order of the Purple Heart on the first Saturday of every month, 9 a.m. at the Roadrunner Community Center to learn more about combat related entitlements and claims benefits. Registration begins at 9 a.m. Bring your DD For 214 and a short biography.

USAWOA - Lone Star Chapter meetings

The Lone Star Chapter of the U.S. Army Warrant Officer Association meets at 7 p.m. on the third Tuesday of each month at VFW Post #8541, 2222 Austin Highway (between Eisenhower and Walzem Road). All active duty, retired, Reserve, National Guard and family members of current or former Warrant Officers are invited to attend. For information, call WO1 Matthew Watterson at 295-8773 or e-mail matthew.watterson@us.army.mil.

FSH Sergeants Major Association seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month, 6 p.m. in the FSH NCO Club. Retired Sgt. Maj. Howard T. Ray, president of the association, extends a cordial invitation to all Active Duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to attend the meetings and share in the relaxed atmosphere of our social activities. For information, call Sgt. Maj. Hector Viczaino at 221-7305.

Calling all single Soldiers to join BOSS

The Better Opportunities for Single Soldiers meetings are held on the first and third Wednesday of every month, 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldier input to the commander, who uses the committee’s recommendations to improve single Soldiers’ Morale, Welfare and Recreation programs. For information, call BOSS President Kimberly Vaughan at 916-1772 or BOSS Program Manager Ben Paniagua at 224-7250.